



Rocky Mountain Diabetes and Osteoporosis Center

SHIP

April 2016

Rocky Mountain Diabetes and Osteoporosis Center





- Carl Vance, MD
 - David Liljenquist, MD
 - Jonathan Williams, FNP
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- Kert Howard, DPM
 - Adam Matthews, DPM



- Internal Medicine / Endocrinology
 - Diabetes
 - Osteoporosis
 - Insulin resistance
 - Thyroid diseases
 - Thyroid cancer
 - Hypertension
 - Cholesterol (lipid) disorders
 - Pituitary and adrenal disorders
 - Obesity
 - Infertility
 - Growth Problems

- Podiatry
 - Diabetic shoes and inserts



Diabetes Center

- Primary and Specialty care for Adults
- Specialty care for Children
- ADA Recognized Diabetes Education Program
- Full-service Medical Laboratory
- Clinical Research



Laboratory

- Affiliated with Express Lab
- >2,000,000 tests annually
- 95% performed in-house
- Fast turn-around times
- Local Customer Service





Clinical Research

- Physician Experience
- Financial
- Improved outcomes
- Increased comfort
- Education
- Overall awareness of health (refer to ophthalmology, neurology, radiology, etc.)
- Involve other providers
- Increases Community Awareness of Diabetes



Clinical Research

- ~20 trials at any given time
- 97% retention rate
- 95% request another trial upon completion
- Recognized by Type 1 diabetes Exchange several years in a row
- Portfolio site for Eli Lilly with several recognitions



Education

- Diabetes
- Nutrition
- Weight Loss
- Continuous Glucose Monitoring
- Insulin Pump Usage



Program and People

- ADA recognition (since 1997)
- Registered Dietitians (RD), most are Certified Diabetes Educators (CDE)
- Certified Insulin Pump Trainers
- Personal Connection



Services

- Individual Training
- Diabetes Education Class Series
- Kids Class
- Kids Group Visits
- Single-topic Courses
- Specialty Classes
 - Managing Celiac Disease
 - Insulin Resistance
 - GLP-1 (Byetta/Victoza) Start Class
- DXA: “Gold Standard” for body composition



Diabetes Education

- Outcomes: 9.14 to 7.56 average drop in A1c for completing program



*“Research has repeatedly shown that aggressive management of blood sugar levels can prevent and even reverse some of the complications of diabetes. **The foundation of such aggressive therapy is Diabetes Self-Management Education.** In no other major disease in our country that I am aware of do the patients themselves play such a pivotal role in the management of their disease. The diabetic patient has to follow careful nutrition guidelines, test blood-sugar levels, exercise, take medications, care for feet, and more on a daily basis. Without initial and then ongoing education, patients struggle to continue doing these challenging tasks. When they stop doing them, diabetes moves relentlessly to destroy their health.”*

Dr. John Liljenquist, MD



Future

- Additional Providers
- Pediatric Endocrinology
- Pocatello area
- PCMH



www.RockyMountainDiabetes.com